

The Studi of Klepon Making from Purple Sweet Potato as Snack for Patients of Diabetes Mellitus Type 2

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ABSTRACT

Patients of Diabetes Mellitus Type 2 need snack that can maintain the hunger to slow down the emptying of the stomach, so that the blood glucose can be controlled. Purple sweet potato contains high fiber, complex carbohydrates, low glycemic index and anthocyanins so that the process of making klepon of purple sweet potato is expected to help people with diabetes because it can control or retard the increasing sugar level in the blood of patients.

This study aims to investigate the characteristics of klepon made with purple sweet potato as a snack for people with diabetes mellitus type 2 .

The experimental design used was completely randomized design. The determination of the formulations in this study is 90% of purple sweet potato: 10% of tapioca flour, 80% of purple sweet potato: 20% tapioca flour, 70% of purple sweet potato: 30% of tapioca flour, 60% of purple sweet potato: 40% of tapioca flour, 50 % of purple sweet potato: 50% of tapioca flour and is 5 times repeated.

The results showed that each addition of tapioca flour can affect the nutrient content and organoleptic of klepon made with purple sweet potato. The higher the proportion of tapioca flour, the higher the content of carbohydrates and fats. The lower the proportion of tapioca flour, the higher the content of protein, fiber and anthocyanins. Chemical analysis and organoleptic have significant influence. The best treatment occur in the A5 treatment with the formulation of 50% purple sweet potato and 50 % of tapioca flour.

Keywords: Klepon Made with Purple Sweet Potato, Purple Sweet Potato and Tapioca Flour